

Whisconier Middle School Activities

New ~ Self Defense For Teens

World Champion Martial Artist Master Clinton Murphy teaches this invaluable self-defense class geared toward teens age 12-14 to help prepare them to defend themselves against any type of assault from bullying to sexual and other violence. Our 1-hour afterschool class will cover multiple strikes, escapes from various holds and chokes and teach awareness and avoidance of situations that can turn violent or deadly.

Days: Tuesday and Thursday

Time: 4:30 – 5:30 p.m.

Dates: 4/21 - 5/28 (12 sessions)

Place: No-Limit Health & Fitness, 1120 Federal Road

Fee: \$160.00

Basic Drawing and Watercolor

Students in grades 5 – 8 will join artist Victoria Lange in learning basic drawing and watercolor techniques. Each student will receive individualized attention to be successful at their ability level, culminating with the completion of a painting. Please ask for a materials list when registering. Materials cost is approximately \$40.00. Bring a snack and a drink each week. Late bus transportation is available from WMS after school for this program.

Day: Monday

Time: 2:40 – 4:10 p.m.

Dates: 4/20 – 6/8 (7 wks)-no class 5/25

Place: WMS Art Room

Instructor: Victoria Lange

Fee: \$74.00

ARC Babysitter's Training

American Red Cross Babysitter's Training gives 11-15 year olds the skills and confidence they need to become great babysitters. This 6-hour class covers training in care giving, decision making, safety and first aid skills, and preventing and responding to emergencies. Course participants receive *The Babysitter's Training Handbook*, which provides course review and 30 easy-to-follow first aid action plans for handling emergencies. Red Cross Babysitter Certification will be awarded upon successful completion. Please bring a lunch and drink and a pen or pencil.

Day: Friday

Time: 9:00 a.m. – 3:00 p.m.

Date: 4/17

Fee: \$65.00

Place: Town Hall Room 133
Instructor: Peggy Boyle

Intro to Field Hockey

Designed for students in grades 5-8 with no previous experience playing, this program will provide a foundation for stick skills, ball handling, sport rules and teamwork. Students should bring a mouth guard, shin guards and a stick (if you have one). Instructor Jackie Scholten is the BHS Varsity Field Hockey coach.

Day: Monday

Time: 2:40 – 4:10 p.m.

Dates: 4/20 – 6/1 (6 wks) – no class 5/25

Place: WMS Gym

Fee: \$59.00

Stretch & Glow Tween Yoga (ages 10-13)

This class introduces the practice of flowing smoothly through our yoga poses to build focus, concentration and determination. A greater focus on proper alignment, arm balances and strengthening poses will help children appreciate and understand their growing bodies. Breathing exercises and relaxation techniques will help children cope with stress in their everyday lives. We will incorporate cooperative yoga games and challenges to encourage teamwork and keep yoga fun!

Day: Tuesday

Time: 3:45 – 4:45 p.m.

Dates: 4/21 – 6/9 (8 wks)

Fee: \$96.00

Place: SOUND, 31 Hawleyville Road, Newtown

Instructor Kaitlin Dunseith

New ~ Youth Sports Performance Training (JV)

Our JV Program, for ages 12-14, has been designed to increase performance while simultaneously reducing the risk of injury. The program will focus on stabilization/balance, core stability, speed/agility/quickness and properly designed strength training. Students will learn how to use weight training equipment in a safe and supervised format with emphasis on proper form and technique. They will also learn how to build muscle properly through a mix of multi-planar exercises. The JV program is a great way for athletes to build strength and confidence as they prepare for high school sports. Limited to 6 students.

Days: Tuesday and Thursday

Time: 3:15 – 4:15 p.m.

Dates: 4/21 – 5/28 (12 sessions)

Fee: \$160.00

Place: No-Limit Health & Fitness, 1120 Federal Road

USTA Junior Team Tennis

USTA Jr. Team Tennis is a recreational tennis league for children ages 5–18 with some previous tennis experience. Children play on co-ed teams offering a fun and competitive environment. USTA Jr. Team Tennis allows participants (adv. beginner, intermediate and advanced) to compete with and against individuals of similar age and skill level. Teams have the opportunity to advance to state, sectional and national championship events.

The season will run June 8 through July 26 with a practice once a week and four matches during the season. Two home matches will be played on Saturday afternoons on the BHS Courts and two away matches TBA in towns throughout Fairfield County. Every effort will be made to have practice on a set day and time each week when all team members can participate.

Total fee to participate is \$118. \$75 will be paid directly to Parks & Rec at registration for coaches' fees and team t-shirt. \$43 will be paid when you register for your team online and includes USTA membership and the fee for the league. You **MUST** register with Parks and Recreation by Wednesday, May 13 in order to play.

To learn more about participating in Junior Team Tennis please join us for an informational meeting on Monday, May 4 at 6:30 p.m. in Town Hall.

We are always looking for coaches. If you are interested, please attend the meeting on May 4 or call the Parks & Recreation Office at 775-7310.

Golf Lessons for Juniors

These classes are intended to provide students ages 8 – 15 with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for both beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. Also included will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5-iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$120.00 for any one month of four classes. All classes meet 4:30 – 5:30 p.m. at Golf Quest, 1 Sand Cut Road.

May: 5/4, 5/11, 5/18, 5/25 (Mondays)

June: 6/9, 6/16, 6/23, 6/30 (Tuesdays)

July: 7/8, 7/15, 7/22, 7/29 (Wednesdays)

August: 8/6, 8/13, 8/20, 8/27 (Thursdays)